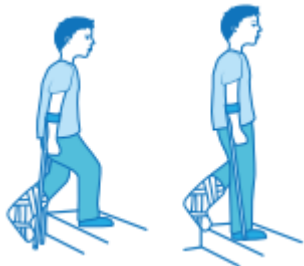


Stairs:

- Where possible use the handrail and 1 crutch to complete stairs. You can hold your other crutch in your hand or ask someone to carry it for you
- You can complete the stairs with 2 crutches or on your bottom if you find this easier
- Your crutch/'s always stay with your affected leg

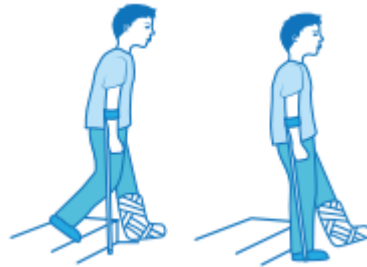
Going up:



1. Lead with your unaffected leg
2. Push down through your crutch/'s and handrail bringing your affected leg up next
3. Lastly bring your crutch/'s up to join

Going down:

1. Place your crutch/'s on the first step down
2. Lower your affected leg down in front of you
3. Push down through your crutch/'s and handrail bringing your unaffected leg to join



Contact Details:

For further information and advice please visit our Website
www.poole.nhs.uk/physio and find 'childrens physiotherapy'



'childrensphysiopoole'



@childphysiopgh



childrensphysiopgh

Information for parents and children about...

How to use your elbow crutches



Children's Physiotherapy Department
Poole NHS Foundation Trust
0300 019 2741

Weight bearing:

- You will be told by your physiotherapist how much weight you are allowed to put through your affected leg

- This will either be:-

Full weight bearing Partial weight bearing
Toe-touch weight bearing Non weight bearing

If a wheelchair is required for your child please contact the Red Cross using the following link:

<https://www.redcross.org.uk/get-help/borrow-a-wheelchair>

The wheelchair that will be most suitable for your child is:

.....

How to use your elbow crutches:

- Your physio will measure and adjust the crutches to the correct height for you. Do not change this, as this may make your crutches unsafe to use

Standing up and sitting down:

- Always keep your hands out of your crutches when trying to stand and sit so you don't hurt your elbows or shoulders



- Shuffle your bottom to the front / edge of the chair / bed
- In one hand hold your crutches in a capital 'H' shape
- Place your other hand on the chair / bed to help push up

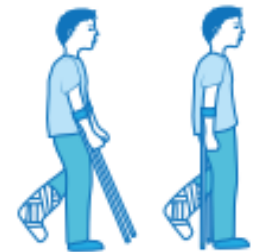
- Push up into standing using your unaffected leg, remembering your affected leg's weight-bearing status
- Once you have your balance, place one hand at a time through the loops on the crutches and hold onto the handles so they are pointing forward
- Separate the crutches so they are slightly in front and put your weight down through the crutches



- Reverse this for sitting down, ensuring you can feel the surface you are sitting onto, before attempting to sit down
- Take your hands out of the crutches
- Reach back with one arm, and lower yourself slowly

To walk:

- Place both your crutches slightly in front of, and out to the side of, your feet
- Push down through your arms and crutches, hop or step your unaffected leg up to the crutches
- Place the crutches one step ahead, and continue moving forward
- Do not move your feet in front of your crutches as this can make you unsteady



- To turn: slowly move around in small hops. Don't try to swing round or pivot in one movement, as you may become unsteady